

ENRIQUECOS DIARIES

EXTRACT 2



A JOURNEY THROUGH
MENTAL ILLNESS, FAITH,
AND THE SEARCH FOR TRUTH.

*"For I know the plans I have for you,
declares the Lord, "plans to prosper you
and not to harm you, plans to give you hope
and a future."*

JEREMIAH 29:11

BY ENRIQUECO CHRISDIOR NAIDU



AUTHOR'S NOTE

This book cover was created with the assistance of ChatGPT, used as a word processor and for grammar correction where necessary.

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ENRIQUECOS DIARIES – Extract 2

Kimisha once said I was bipolar during high school. As for being schizophrenic, I am a textbook case. In the later years of high school and into my late teens, I began withdrawing from friends. This was accompanied by a decline in my grades, and just before my 25th birthday, I experienced my first major psychotic episode.

I was born at Addington Hospital in Durban, KwaZulu-Natal, South Africa. My mother nearly died while giving birth to me. Before that, as my grandmother on my father's side was beginning to develop Alzheimer's disease, two nuns came to me while I was still in the womb and blessed both my mother and me.

I would not necessarily say that my life has been blessed since the onset of this illness. It has had its ups and downs, but I do believe that, ultimately, God has a plan for my life—and for each of us. That is something I will reveal to you in this book, and hopefully in many others to come.

I am fairly certain that you, as avid readers, are aware of the use of psychedelic mushrooms in addressing memory-related issues in Alzheimer's patients. It challenges the boundaries of what we consider standard medical science and makes us question whether we truly understand anything at all. I personally believe that many organic substances on this planet hold deeper potential, and somewhere in this book, I will reveal others that have helped me in my own journey with mental illness—even while doctors and psychiatrists would strongly advise against them.

Firstly, let us consider nicotine. Many people observe that individuals with schizophrenia tend to smoke continuously. Does it affect the lungs and heart? Most certainly. However, for someone experiencing cognitive decline, nicotine can act as an accelerant; it

may help a schizophrenic think more clearly—whether in or out of psychosis—and attempt to determine whether hallucinations, voices, or delusions align with the Word of God and the testimony of Jesus Christ.

I can smoke up to three packs a day. This is largely due to my insomnia; when I sleep more, I smoke less.